

ATHLETICS in EYFS and KEY STAGE 1 – development of skills linked to the core assessment tasks

National Curriculum Statements of Attainment	Core Assessment Tasks:
Pupils should: <ul style="list-style-type: none"> develop and begin to master fundamental movement skills; running, jumping, throwing become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations engage in competitive activities against self and others 	<i>Pre Level 1/Level 1</i> – Honey Pot <i>Level 1</i> – Off, Up & Away, Colour Match <i>Level 2</i> – Furthest Five, Pass the Baton, Take Aim, <i>Level 2/3</i> – Faster, Higher, Further

4-7 yrs	EYFS	Key Stage 1
Running	<ul style="list-style-type: none"> Experiment with running, jumping, hopping and stopping Change dynamics – walk slowly/quickly Experience practicing actions to improve Move with control and co-ordination Combine basic actions with more advanced spatial awareness 	<ul style="list-style-type: none"> Run for 1 minute Show differences in running at speed and jogging Use different techniques to meet challenges Describe different ways of running Explain what is successful or how to improve
Jumping	<ul style="list-style-type: none"> Explore the 5 basic jumps with increasing control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot) Jump over low barriers Challenge themselves to jump further/higher 	<ul style="list-style-type: none"> Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot) Perform combinations of the above Show control at take-off and landing Describe different ways of jumping Explain what is successful or how to improve
Throwing	<ul style="list-style-type: none"> Apply restrictions e.g. throwing into a specific target Handle equipment safely Perform basic actions using equipment e.g. rolling, underarm 	<ul style="list-style-type: none"> Throw into targets Perform a range of throwing actions e.g. rolling, underarm, overarm Describe different ways of throwing Explain what is successful or how to improve

ATHLETICS in LOWER KEY STAGE 2 and UPPER KEY STAGE 2 – development of skills linked to the core assessment tasks

National Curriculum Statements of Attainment	Core Assessment Tasks:
Pupils should: <ul style="list-style-type: none"> learn to use a broader range of skills in isolation and combination enjoy competing against each other develop an understanding of how to improve and learn to evaluate and recognise their own success develop strength, technique and control 	Level 2 – Furthest Five, Pass the Baton, Take Aim, Level 2/3 – Faster, Higher, Further Level 3/4 – Three Jump Challenge, Distance Challenge

7 – 11 yrs	Lower Key Stage 2	Upper Key Stage 2
Running	<ul style="list-style-type: none"> Run smoothly at different speeds Choose different styles of running of different distances Pace and sustain their effort over longer distances Watch and describe specific aspects of running e.g. what arms and legs are doing Recognise and record how the body works in different types of challenges over different distances Carry out stretching and warm-up safely With guidance, set realistic targets of times to achieve over a short and longer distance 	<ul style="list-style-type: none"> Sustain pace over longer distance – 2 minutes Relay change-overs Set realistic targets for self, of times to achieve over a short and longer distance Identify the main strengths of a performance of self and others Identify parts of the performance that need to be improved Perform a range of warm-up exercises specific to running for short and longer distances Explain how warming up affects performance Explain why athletics can help stamina and strength
Jumping	<ul style="list-style-type: none"> Perform combinations of jumps e.g. hop, step, jump showing control and consistency Choose different styles of jumping Watch and describe specific aspects of jumping e.g. what arms and legs are doing With guidance, set realistic targets when jumping for distance for or height 	<ul style="list-style-type: none"> Demonstrate a range of jumps showing power and control and consistency at both take-off and landing Set realistic targets for self, when jumping for distance for or height
Throwing	<ul style="list-style-type: none"> Explore different styles of throwing e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus) Throw with greater control Consistently hit a target with a range of implements Watch and describe specific aspects of throwing e.g. what arms and legs are doing With guidance, set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others 	<ul style="list-style-type: none"> Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus Organise small groups to SAFELY take turns when throwing and retrieving implements Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others